



## ESPA AT CASTELLO DEL NERO *Tuscany, Italy*

If you want to zzzz in a 12th-century former nobleman's castle - set in 740 tranquil acres of rolling hills - then try Castello del Nero's new Sleep Retreat created with ESPA. Bag a suite with Pompeian-style, 18th-century frescoes and let the butler draw you a steaming, essence-infused bath strewn with rose petals. If you're awake by lunchtime, tear yourself away from your zillion thread-count Egyptian sheets to eat foods rich in tryptophan (makes the sleep

hormone melatonin) and fresh ricotta and spinach ravioli (with its sleep-inducing magnesium), all whisked up in the hotel's Michelin-starred restaurant. Then, pop down to the spa for the ESPA Sleep Ritual: think mindfulness meets massage with a foot ritual, cymbals to open the chakras, breath work and meditation, and a hot stone massage with a restorative body oil of frankincense and rose geranium. All guaranteed to calm a busy mind and have you sleeping like a bambino.

**BOOK IT:** Doubles from €422 B&B.  
[castellodelnero.com](http://castellodelnero.com)